

"REMOTELY UPSET"

by

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Wellness Project Class 4

NARRATOR:

It is 8:15 at Pleasant Life ARF. Cathy found a Godzilla vs. Mothra movie while flipping through channels, and she is now watching it on TV in the LR. Stella has been planning on watching the new season of American Idol auditions, which start at 9:00.

During the commercial, Stella sits down by Cathy...

STELLA

"I'm watching American Idol, 9:00."

CATHY

"I'm watching Godzilla."

STELLA

"But, I've been waiting for it"

CATHY

"Maybe... it's on at 9:00?....."

STELLA

"Uh huh" "9:00....we'll switch?"

CATHY

"look out, Mothra just flew out!"
(without taking her eyes off the
television, she say's distractedly)
"ok...ok... 9:00"

NARRATOR: Stella remains watching the movie with Cathy, counting down the time till American Idol starts, when they will switch the channel. Meanwhile, Staff 1 walks through the LR, looks at Cathy and Stella sitting calmly together watching TV, looks at the TV screen (Godzilla has just walked ashore) and Staff 1 smiles at Cathy and Stella, who see him/her, and smile back. Staff 1 leaves the LR. 15 minutes passes, and it is now 8:56, and the movie cuts to commercial. Cathy has been, and is, holding the remote.

STELLA

"time to switch..."

CATHY

"Let's see what happens first..."

STELLA

"I want to see the start..."

CATHY

"just wait....I think Mothra is coming back."

STELLA

(you keep checking your watch...You begin to get anxious...you might start to rock a little, tap the face of your watch, pick your fingers, bite the back of your hand etc.)

"It's 9:00!" (you are getting more anxious..you stand up and begin to pace...)

CATHY

"Okay Okay... Oh, look! Mothra is flying in!!"

STELLA

"American Idol..."

CATHY

"Oh, just a few more minutes...."

STELLA

"No! Now" (shake fists around; wave arms; try to grab the remote from Cathy)

CATHY

(jump up and away from Stella... "No, I want to see Mothra. I was watching first"

STELLA

"Liar!" "you promised" "I hate you" (advance toward Cathy)

CATHY

"Help! Help!" (move away from Stella)

STELLA

(follow Cathy as she moves away from you, and calls for help; you begin to express your frustration on yourself; picking or biting your skin, hitting your head with your hand...)

NARRATOR:

Both Staff 1 and 2 run into the room.

Scene Notes for CATHY and STELLA:

Cathy you are upset, but you just want out of the situation so that you may finish watching Godzilla. You will feel responsive to any supportive alternative that the staff offers you. However, if the staff does not provide a supportive presence, then you will escalate accordingly.

Stella, You are upset to the point of a loss of rationality. You are not able to process much of what you hear. You are consumed with anger and frustration not only at being thwarted in watching American Idol, but you feel betrayed by Cathy. You trusted, and believed that Cathy would change the channel at 9:00. You thought you had a deal.

When staff approaches you, you are still verbally venting, physically waving your arms around, calling Cathy names, saying nobody cares about you, etc.

If staff acknowledge what they see (that you are upset) and present a supportive presence (respectful physical distance, soft voice tone and volume) and offer assistance, you will respond to that. But if they do not, you may escalate to a direct threat such as Get away, or I will kick you. Get away, or I will punch you. You can raise a fist and direct your arm or leg toward staff, but do not make contact.

The End

